

ANTECEDENTS

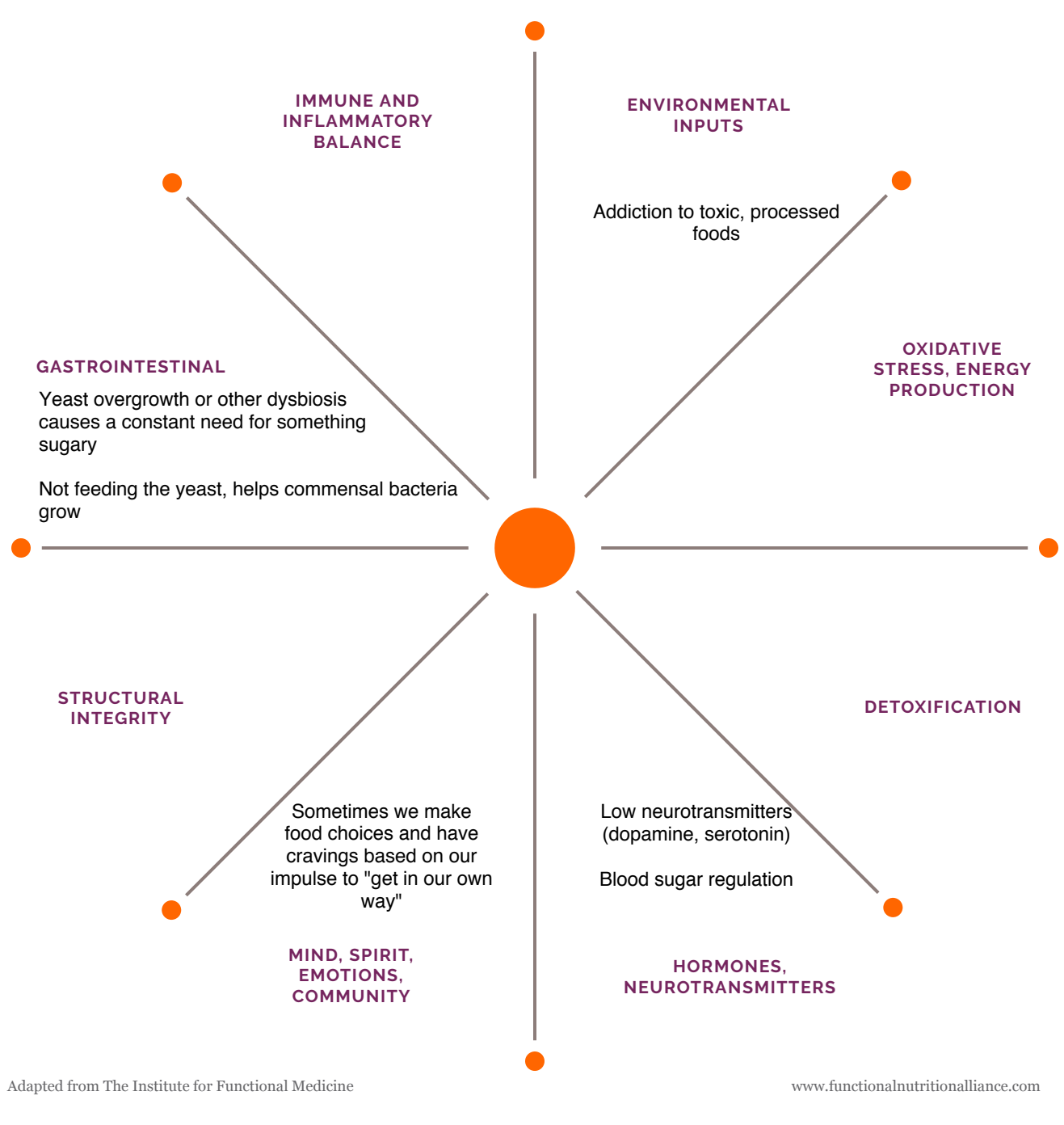
Genetic defects in enzyme production can impact craving cycles

TRIGGERING EVENTS

- Poor diet high in carbs and refined sugars
- Chemical additives in foods. (ie. Toxic hunger)
- Low neurotransmitters tend to induce cravings at night
- Yeast overgrowth
- Neurotoxins - cause fatigue, etc.
- Low glutathione
- Low dopamine or serotonin

MEDIATORS

- Vitamin B5
- Chromium
- ALA
- "Getting in our own way" to eat as healthy as we can!



SLEEP/RELAXATION

Circadian rhythm does impact cravings

EXERCISE/MOVEMENT

NUTRITION/HYDRATION

Not eating (between meals and at night) helps to support the growth of GOOD bacteria

STRESS/RESILIENCE

RELATIONSHIPS/NETWORKS